



FACULTY

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Accreditation and Fees

MCCPOP is approved as a provider of continuing education for the state of California Board of Registered Nursing, provider # 03104, And the California Behavioral Sciences, provider # 1104, This program meets the qualifications for up to 14 contact hours. RD CEUs are awarded subsequent to this program.

Sweet Success: Diabetes and Pregnancy

SWEET SUCCESS: Diabetes and Pregnancy – Basic Affiliate Training

June 21-22, 2010

**MID-COASTAL REGIONAL
CALIFORNIA DIABETES
AND PREGNANCY
PROGRAM (Region 4)**

**Hilton Hotel Santa Cruz
6001 La Madrona Drive
Santa Cruz, CA 95060**

*This Project is supported in part by funds
received from the State of California,
Department of Public Health, Maternal, Child
and Adolescent Health Division*

Registration for

June 21-22, 2010

Name: _____

License #: _____

Please Circle (RN) (RD) (LCSW) (MFT)

Other: _____

Agency / Affiliate #: _____

Address: _____

Phone: _____

Fax: _____

Email: _____

☐ Check for Vegetarian Meal

Cost is \$95 per affiliate member or \$110 non-affiliate attendees.

Please make checks payable to Stanford University

Mail Registration to:

MCCPOP/CDAPP

750 Welch Road, Suite 224

Palo Alto, CA 94304

Presentations will be available for download and printing. A disc of this event will be distributed

SWEET SUCCESS: CALIFORNIA DIABETES AND PREGNANCY: AGENDA

This program is designed to provide nurses, registered dietitians, behavioral medicine specialist and other perinatal health care providers with basic information to provide clinical care for women with diabetes during pregnancy.

Day 1 AGENDA

7:30 Registration
8:00 Introduction and Sweet Success Overview / Program Management
8:30 Pathophysiology of Diabetes During Pregnancy
9:30 Break
9:45 Basic Client Education/Medical Management
10:45 Sweet Success Nutritional Guidelines for Care With Diabetes During Pregnancy
12:15 Lunch and Networking
1:15 Psychosocial Issues and Practical Interventions
3:00 Break
3:15 Preconception / Preexisting Care
4:30 Wrap-up

Day 2 AGENDA

8:00 Working the Meal Plan into Real Life
9:00 Break
9:15 MNT Guidelines for Complicated Clients
10:30 When the Meal Plan is Not Enough
11:30 Complicated Clients
12:15 Lunch and Network
1:15 In-Hospital Care: Mom and Baby
2:45 Break
3:00 Postpartum Recommendations
4:00 Pulling It All Together
4:30 Wrap-up, Evaluations

For more Information contact Sanary Lou at 650-736-2210 or sanarylou@stanford.edu

OBJECTIVES

At the conclusion of this program, participants will be able to:

1. Define "Sweet Success (SS) Provider and requirement for affiliation with the California Diabetes and Pregnancy Program (CDAPP)
2. Demonstrate an understanding of the pathophysiology of pregnancy complicated by diabetes: DM1, DM2 and GDM.
3. State the SS recommendations for screening, diagnosis and postpartum follow up for gestational diabetes.
4. Counsel women before, during and after pregnancy about reducing the long and short-term risk of hyperglycemia to mother, fetus, and offspring.
5. List the test of maternal and fetal well-being recommended to monitor pregnancy complicated by DM1, DM2 and GDM.
6. State the SS blood glucose targets and self-monitoring frequencies during pregnancy and lactation for women with diabetes.
7. Describe the principles of healthy eating plan for women with diabetes during pregnancy.
8. Explain how staying active contributes to maintaining blood glucose targets.
9. Explain how to safely and accurately use medications to maintain blood glucose targets.
10. Identify and use tools (such as 'stress check and Edinburgh Depression scale') to assess readiness for change, signs of mood and anxiety or adjustment disorder in women experiencing diabetes during pregnancy.
11. Describe the process of utilizing these psychosocial tools to make referrals to appropriate providers when issues are identified.
12. Demonstrate an understanding of the impact of culture, coping styles and problem-solving abilities on self care behaviors.

A continental breakfast and lunch are provided